



GDAŃSK - PUCHAR POLSKI NORDIC WALKING - 10KM

B4SPORT

Organizator: PFNW
Data: 2015-10-03
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BIŁEK Artur	505	NW LUBLINIEC	M 30-39	1			01:26:52	00:31:37	01:02:56.25	02:29:49.10		6:17	9.5 (100%)
2	STILLER Karol	593	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 30-39	2			01:26:51	00:31:23	01:03:12.35	02:30:04.30	+00:00:16 (0.4%)	6:19	9.5 (100%)
3	SIWAK Piotr	583	KGHM METRACO POLKOWICE	M 50-59	1			01:28:18	00:31:39	01:03:34.10	02:31:53.05	+00:00:37 (1.0%)	6:21	9.4 (98.9%)
4	WOROCH Roman	615	KGHM METRACO POLKOWICE	M 50-59	2			01:28:18	00:31:34	01:03:42.95	02:32:01.40	+00:00:46 (1.2%)	6:22	9.4 (98.9%)
5	ANACZKOWSKI Mirosław	500	LKS ZANTYR SZTUM	M 50-59	3			01:28:19	00:32:10	01:05:07.25	02:33:26.30	+00:02:11 (3.4%)	6:30	9.2 (96.8%)
6	PUSZKIEL Leszek	575	GREEN TEAM	M 50-59	4			01:28:17	00:32:11	01:05:17.80	02:33:35.70	+00:02:21 (3.6%)	6:31	9.2 (96.8%)
7	CIEŚLAK Roman	513	FOREVER YOUNG ŁÓDŹ	M 50-59	5			01:28:20	00:32:53	01:06:31.80	02:34:52.50	+00:03:35 (5.4%)	6:39	9 (94.7%)
8	NIECHWIEJCZYK Piotr	561	OPEL ACTIVE TEAM	M 30-39	3			01:26:52	00:33:39	01:06:46.60	02:33:38.70	+00:03:50 (5.7%)	6:40	9 (94.7%)
9	PSUT Robert	573	FOREVER YOUNG ŁÓDŹ	M 18-29	1			01:26:50	00:33:18	01:06:47.15	02:33:37.40	+00:03:50 (5.8%)	6:40	9 (94.7%)
10	RACZYŃSKI Kazimierz	577	PTTK KOSZALIN	M 30-39	4			01:26:52	00:33:38	01:07:05.30	02:33:57.35	+00:04:09 (6.2%)	6:42	8.9 (93.7%)
11	NOWROTEK Monika	563	WESOŁY BORSUK TEAM	K 18-29	1			01:30:08	00:33:10	01:07:11.75	02:37:20.10	+00:04:15 (6.3%)	6:43	8.9 (93.7%)
12	PARAFINIUK Krzysztofa	569	LKS ZANTYR SZTUM	K 30-39	1			01:30:09	00:33:32	01:07:46.00	02:37:55.30	+00:04:49 (7.1%)	6:46	8.9 (93.7%)
13	KRUK Dariusz	541		M 40-49	1			01:26:55	00:34:14	01:07:59.80	02:34:54.85	+00:05:03 (7.4%)	6:47	8.8 (92.6%)
14	KRZYŻANOWSKI Robert	543	GOSIR OSIELSKO	M 40-49	2			01:26:54	00:33:56	01:08:06.15	02:35:00.70	+00:05:09 (7.6%)	6:48	8.8 (92.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PUSZKIEL Adrian	574	GREEN TEAM	M 18-29	2			01:26:50	00:34:33	01:08:35.80	02:35:25.95	+00:05:39 (8.2%)	6:51	8.7 (91.6%)
16	LIPKO Adrianna	550	PENDOLINO	K 18-29	2			01:30:08	00:33:43	01:08:47.85	02:38:56.15	+00:05:51 (8.5%)	6:52	8.7 (91.6%)
17	FELIS Paweł	520		M 40-49	3			01:26:54	00:34:17	01:08:52.50	02:35:47.15	+00:05:56 (8.6%)	6:53	8.7 (91.6%)
18	JĘDRASIAK Renata	528	KS METRACO POLKOWICE	K 50-59	1			01:31:54	00:34:36	01:09:03.85	02:40:57.95	+00:06:07 (8.9%)	6:54	8.7 (91.6%)
19	BOCZAR Beata	507	GREEN TEAM	K 50-59	2			01:31:53	00:34:38	01:09:33.65	02:41:27.60	+00:06:37 (9.5%)	6:57	8.6 (90.5%)
20	SPYCHAŁA Marzena	589	WESOŁY BORSUK TEAM	K 40-49	1			01:30:12	00:34:31	01:09:37.00	02:39:49.45	+00:06:40 (9.6%)	6:57	8.6 (90.5%)
21	KULIG Henryk	546	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 60-69	1			01:28:21	00:34:27	01:09:38.55	02:37:59.80	+00:06:42 (9.6%)	6:57	8.6 (90.5%)
22	KOLENKIEWICZ Dariusz	534	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 50-59	6			01:28:19	00:34:20	01:09:41.35	02:38:00.45	+00:06:45 (9.7%)	6:58	8.6 (90.5%)
23	ANTOSZEWSKI Piotr	502	DĄBROWA NORDIC TEAM	M 40-49	4			01:26:53	00:34:36	01:10:01.10	02:36:54.45	+00:07:04 (10.1%)	7:00	8.6 (90.5%)
24	STAWNIAK Karol	590	UTW ŻNIN	M 60-69	2			01:28:21	00:34:29	01:10:15.50	02:38:37.15	+00:07:19 (10.4%)	7:01	8.5 (89.5%)
25	ŚWISŁOCKI Bogdan	608		M 50-59	7			01:28:19	00:34:57	01:10:36.95	02:38:56.70	+00:07:40 (10.9%)	7:03	8.5 (89.5%)
26	PANCEWICZ- KOSNO Karolina	568	SILESIA NORDIC TEAM	K 30-39	2			01:30:10	00:34:34	01:10:48.85	02:40:59.80	+00:07:52 (11.1%)	7:04	8.5 (89.5%)
27	KUBICKI Bernard	544	KS METRACO POLKOWICE	M 60-69	3			01:28:23	00:34:54	01:10:55.45	02:39:19.40	+00:07:59 (11.3%)	7:05	8.5 (89.5%)
28	SZCZEBAK Jacek	598	TARNÓW	M 40-49	5			01:26:52	00:35:06	01:10:56.00	02:37:48.70	+00:07:59 (11.3%)	7:05	8.5 (89.5%)
29	SMUL Andrzej	586	GREEN TEAM	M 50-59	8			01:28:17	00:34:34	01:11:16.65	02:39:34.50	+00:08:20 (11.7%)	7:07	8.4 (88.4%)
30	KALISZ Krzysztof	531	KS METRACO POLKOWICE	M 60-69	4			01:28:21	00:35:24	01:11:28.85	02:39:49.90	+00:08:32 (12.0%)	7:08	8.4 (88.4%)
31	ŚWIĄTEK Joanna	607	MARSZPOZDROWIE	K 30-39	3			01:30:12	00:35:44	01:11:31.25	02:41:43.70	+00:08:35 (12.0%)	7:09	8.4 (88.4%)
32	KOŁPAK Jan	535	LKS ZANTYR SZTUM	M 60-69	5			01:28:21	00:35:26	01:11:41.65	02:40:03.50	+00:08:45 (12.2%)	7:10	8.4 (88.4%)
33	GRUSZKA Michał	522	NW LUBLINIEC	M 40-49	6			01:26:53	00:35:33	01:11:42.65	02:38:36.10	+00:08:46 (12.2%)	7:10	8.4 (88.4%)
34	LEWANDOWSKI Robert	549	GOSIR OSIELSKO	M 30-39	5			01:26:52	00:35:34	01:11:53.85	02:38:46.80	+00:08:57 (12.5%)	7:11	8.3 (87.4%)
35	RE CZULSKI Mikołaj	578	REGATTA NORDIC TEAM CZĘSTOCHOWA	M 18-29	3			01:26:51	00:35:27	01:11:59.05	02:38:50.05	+00:09:02 (12.6%)	7:11	8.3 (87.4%)
36	WARCZALSKA Teresa	612	STADION ŚLĄSKI	K 60-69	1			01:31:56	00:35:49	01:12:13.85	02:44:10.45	+00:09:17 (12.9%)	7:13	8.3 (87.4%)
37	REJ Anna	579		K 30-39	4			01:30:11	00:36:00	01:12:29.20	02:42:40.65	+00:09:32 (13.2%)	7:14	8.3 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	ŚLUSARCZYK Andrzej	605	WESOŁY BORSUK TEAM	M 60-69	6			01:28:20	00:35:33	01:12:57.05	02:41:17.80	+00:10:00 (13.7%)	7:17	8.2 (86.3%)
39	ŻUCHOWICZ Monika	619	DĄBROWA NORDIC TEAM	K 18-29	3			01:30:09	00:36:25	01:13:27.35	02:43:36.50	+00:10:31 (14.3%)	7:20	8.2 (86.3%)
40	BALCERAK-KOLASA Joanna	503	FIZJO-PLUS TEAM	K 40-49	2			01:30:13	00:36:24	01:13:33.75	02:43:47.60	+00:10:37 (14.4%)	7:21	8.2 (86.3%)
41	JANKOWSKI Marcin	525	KLUB SPORTOWY ELBLĄSKIE WŁÓCZY-KIJE	M 30-39	6			01:26:52	00:35:55	01:13:55.05	02:40:47.25	+00:10:58 (14.9%)	7:23	8.1 (85.3%)
42	OLECH Anna	564		K 30-39	5			01:30:11	00:36:42	01:14:09.00	02:44:20.45	+00:11:12 (15.1%)	7:24	8.1 (85.3%)
43	PASIŃSKA - SKOWRON Sylwia	570	SILESIA NORDIC TEAM	K 30-39	6			01:30:12	00:36:20	01:14:19.15	02:44:31.15	+00:11:22 (15.3%)	7:25	8.1 (85.3%)
44	ŁUKASZEWICZ Joanna	552	GREEN TEAM	K 40-49	3			01:30:13	00:36:43	01:14:31.15	02:44:44.55	+00:11:34 (15.5%)	7:27	8.1 (85.3%)
45	SZNAJDER Zenon	602		M 60-69	7			01:28:23	00:37:16	01:14:36.70	02:42:59.90	+00:11:40 (15.6%)	7:27	8 (84.2%)
46	HIMMEL Mirosław	524		M 60-69	8			01:28:20	00:36:47	01:14:40.45	02:43:01.35	+00:11:44 (15.7%)	7:28	8 (84.2%)
47	KUREK Edward	547	MOSIR CZELADZ	M 70+	1			01:28:23	00:37:18	01:14:56.90	02:43:20.10	+00:12:00 (16.0%)	7:29	8 (84.2%)
48	ŚLUSARCZYK Grzegorz	606	WESOŁY BORSUK TEAM	M 40-49	7			01:26:53	00:37:15	01:15:00.20	02:41:53.95	+00:12:03 (16.1%)	7:30	8 (84.2%)
49	KURZAWSKA Jolanta	548	KS METRACO POLKOWICE	K 60-69	2			01:31:57	00:36:34	01:15:05.80	02:47:03.45	+00:12:09 (16.2%)	7:30	8 (84.2%)
50	MOTOCZYŃSKI Krzysztof	557	GOSIR OSIELSKO	M 60-69	9			01:28:22	00:36:47	01:15:24.55	02:43:46.70	+00:12:28 (16.5%)	7:32	8 (84.2%)
51	BYTNIIEWSKI Mieczysław	509	BIAŁA BIEGA	M 70+	2			01:28:26	00:37:57	01:15:31.70	02:43:57.75	+00:12:35 (16.7%)	7:33	7.9 (83.2%)
52	LISIKIEWICZ Agnieszka	551	GREEN TEAM	K 40-49	4			01:30:15	00:37:43	01:15:37.05	02:45:52.40	+00:12:40 (16.8%)	7:33	7.9 (83.2%)
53	MOŹDŻEŃ Barbara	558		K 50-59	3			01:31:54	00:37:12	01:15:54.05	02:47:48.50	+00:12:57 (17.1%)	7:35	7.9 (83.2%)
54	MARONDEL Katarzyna	554	SILESIA NORDIC TEAM	K 18-29	4			01:30:08	00:38:00	01:16:31.55	02:46:40.50	+00:13:35 (17.8%)	7:39	7.8 (82.1%)
55	NAMSOŁEK Feliks	559		M 70+	3			01:28:25	00:37:49	01:16:33.20	02:44:58.35	+00:13:36 (17.8%)	7:39	7.8 (82.1%)
56	KMIECIAK Marlena	533		K 18-29	5			01:30:09	00:37:28	01:16:46.50	02:46:56.25	+00:13:50 (18.0%)	7:40	7.8 (82.1%)
57	RUPIŃSKA Agnieszka	580	DREAM TEAM	K 30-39	7			01:30:13	00:38:25	01:17:15.20	02:47:28.30	+00:14:18 (18.5%)	7:43	7.8 (82.1%)
58	JARZYŃSKA Małgorzata	527		K 50-59	4			01:31:54	00:38:27	01:17:37.55	02:49:32.45	+00:14:41 (18.9%)	7:45	7.7 (81.1%)
59	WAŁECKA Krystyna	611		K 60-69	3			01:31:56	00:38:31	01:17:42.50	02:49:39.30	+00:14:46 (19.0%)	7:46	7.7 (81.1%)
60	PACZUSKA Małgorzata	567	FOREVER YOUNG ŁÓDŹ	K 50-59	5			01:31:56	00:38:34	01:17:49.40	02:49:45.70	+00:14:53 (19.1%)	7:46	7.7 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	SOBAŃSKA Grażyna	587		K 50-59	6			01:31:55	00:38:34	01:18:02.70	02:49:58.50	+00:15:06 (19.4%)	7:48	7.7 (81.1%)
62	CIENNIK Wiktor	512		M 40-49	8			01:26:54	00:38:11	01:18:59.00	02:45:53.95	+00:16:02 (20.3%)	7:53	7.6 (80.0%)
63	SIKORSKI Kazimierz	582	WTW WŁOCŁAWEK	M 60-69	10			01:28:23	00:39:21	01:19:06.25	02:47:29.25	+00:16:10 (20.4%)	7:54	7.6 (80.0%)
64	SYNAK Leszek	596	KASZ I MAZ RAZEM	M 50-59	9			01:28:19	00:39:15	01:20:06.95	02:48:26.60	+00:17:10 (21.4%)	8:00	7.5 (78.9%)
65	HAAPALEHTO Timo	523	NORDIC WALKING HELSINKI	M 50-59	10			01:28:18	00:38:19	01:20:23.60	02:48:42.00	+00:17:27 (21.7%)	8:02	7.5 (78.9%)
66	TRUCHAN-BAJER Bożena	609		K 50-59	7			01:31:55	00:39:39	01:20:39.60	02:52:35.40	+00:17:43 (22.0%)	8:04	7.4 (77.9%)
67	SZEWczyk Marek	601	FACE NORDIC WALKING TEAM	M 50-59	11			01:28:19	00:39:40	01:20:55.45	02:49:15.40	+00:17:59 (22.2%)	8:05	7.4 (77.9%)
68	TURZYŃSKA-STOPA Maria	610	BŁĘKITNI NW DZIEMIANY	K 50-59	8			01:31:55	00:40:16	01:21:15.60	02:53:11.00	+00:18:19 (22.5%)	8:07	7.4 (77.9%)
69	ANTKOWIAK Remigiusz	501		M 30-39	7			01:26:54	00:40:49	01:21:23.00	02:48:17.15	+00:18:26 (22.7%)	8:08	7.4 (77.9%)
70	KOZŁOWSKA Agnieszka	540	FACE NORDIC WALKING TEAM	K 40-49	5			01:30:15	00:40:59	01:22:04.45	02:52:20.15	+00:19:08 (23.3%)	8:12	7.3 (76.8%)
71	MICHALAK Grzegorz	553		M 18-29	4			01:26:50	00:42:19	01:22:50.35	02:49:41.20	+00:19:54 (24.0%)	8:17	7.2 (75.8%)
72	RACZYŃSKA Aleksandra	576	STADION ŚLĄSKI	K 70+	1			01:32:01	00:41:08	01:23:15.15	02:55:16.50	+00:20:18 (24.4%)	8:19	7.2 (75.8%)
73	SZYMANOWSKA-PAWLAK Ewa	603	GOSIR OSIELSKO	K 40-49	6			01:30:14	00:41:25	01:23:45.35	02:54:00.25	+00:20:49 (24.9%)	8:22	7.2 (75.8%)
74	JARYSZ Agnieszka	526	FACE NORDIC WALKING TEAM	K 30-39	8			01:30:14	00:42:34	01:23:55.05	02:54:09.35	+00:20:58 (25.0%)	8:23	7.1 (74.7%)
75	WYŁUPSKA Krystyna	618	PATYCZAKI	K 60-69	4			01:31:58	00:42:34	01:24:18.75	02:56:17.10	+00:21:22 (25.4%)	8:25	7.1 (74.7%)
76	OPAJDOWSKA-SZWARC Ewa	565		K 60-69	5			01:32:00	00:42:56	01:25:16.35	02:57:17.05	+00:22:20 (26.2%)	8:31	7 (73.7%)
77	WORONKO-ZACZYŃSKA Janina	616	KS METRACO POLKOWICE	K 60-69	6			01:31:57	00:43:02	01:25:38.75	02:57:36.40	+00:22:42 (26.5%)	8:33	7 (73.7%)
78	SZCZYPEK Ela	599	DWA KIJE	K 60-69	7			01:31:58	00:43:07	01:25:47.30	02:57:45.85	+00:22:51 (26.6%)	8:34	7 (73.7%)
79	SZEWczyk Agnieszka	600	FACE NORDIC WALKING TEAM	K 40-49	7			01:30:14	00:42:32	01:25:51.80	02:56:06.40	+00:22:55 (26.7%)	8:35	7 (73.7%)
80	PIEKARSKA Magdalena	571	GOSIR OSIELSKO	K 18-29	6			01:30:08	00:41:35	01:25:56.00	02:56:04.80	+00:22:59 (26.8%)	8:35	7 (73.7%)
81	SYNAK Joanna	595	KASZ I MAZ RAZEM	K 18-29	7			01:30:10	00:43:34	01:26:51.25	02:57:02.20	+00:23:55 (27.5%)	8:41	6.9 (72.6%)
82	STEFANIAK Bożena	591		K 50-59	9			01:31:56	00:42:31	01:26:52.00	02:58:48.55	+00:23:55 (27.5%)	8:41	6.9 (72.6%)
83	SMARUJ - SADOWSKA Janina	585		K 60-69	8			01:31:57	00:42:35	01:27:11.05	02:59:08.60	+00:24:14 (27.8%)	8:43	6.9 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Żół. kartki	Czer. kartki	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	SYNAK Mirosława	597	KASZ I MAZ RAZEM	K 50-59	10			01:31:54	00:43:06	01:28:06.65	03:00:01.55	+00:25:10 (28.6%)	8:48	6.8 (71.6%)
85	CHRAPEK Urszula	511	RUDZICA	K 18-29	8			01:30:09	00:44:17	01:28:25.75	02:58:35.60	+00:25:29 (28.8%)	8:50	6.8 (71.6%)
86	KRYGIEL Maria	542	GOSIR OSIELSKO	K 40-49	8			01:30:15	00:44:46	01:28:57.80	02:59:13.60	+00:26:01 (29.3%)	8:53	6.7 (70.5%)
87	JÓŹWIAK Dominik	529	WTW WŁOCŁAWEK	M 18-29	5			01:26:50	00:44:35	01:29:14.45	02:56:05.20	+00:26:18 (29.5%)	8:55	6.7 (70.5%)
88	WOJTASIŃSKA Agnieszka	614	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 30-39	9			01:30:10	00:43:58	01:29:21.60	02:59:32.20	+00:26:25 (29.6%)	8:56	6.7 (70.5%)
89	STOLARSKA Magdalena	594	REGATTA NORDIC TEAM CZĘSTOCHOWA	K 40-49	9			01:30:16	00:45:24	01:31:08.60	03:01:25.05	+00:28:12 (30.9%)	9:06	6.6 (69.5%)
90	SOBOCIŃSKA Ewa	588	MOSIR RYPIN	K 60-69	9			01:31:59	00:46:02	01:32:15.00	03:04:14.45	+00:29:18 (31.8%)	9:13	6.5 (68.4%)
91	KLIMOWSKA Stanisława	532	MOSIR RYPIN	K 60-69	10			01:31:59	00:45:54	01:32:15.25	03:04:14.70	+00:29:19 (31.8%)	9:13	6.5 (68.4%)
92	MLECZAK Eugeniusz	556		M 70+	4			01:28:24	00:46:53	01:32:54.45	03:01:18.70	+00:29:58 (32.3%)	9:17	6.5 (68.4%)
93	BAKOWSKA Maria	504	OŚLA ŁAWKA GNIEZNO	K 60-69	11			01:31:59	00:46:18	01:33:28.40	03:05:28.05	+00:30:32 (32.7%)	9:20	6.4 (67.4%)
94	KOSMALA Urszula	538	FACE NORDIC WALKING TEAM DZIARSKIE TEAM	K 60-69	12			01:31:58	00:46:26	01:33:59.75	03:05:58.00	+00:31:03 (33.0%)	9:24	6.4 (67.4%)
95	GĘBSKA Elżbieta	521	DĄBROWA NORDIC TEAM	K 50-59	11			01:31:55	00:46:32	01:34:25.60	03:06:20.60	+00:31:29 (33.3%)	9:26	6.4 (67.4%)
96	DRON Agnieszka	518	FACE NORDIC WALKING TEAM DZIARSKIE TEAM	K 30-39	10			01:30:13	00:48:03	01:34:27.00	03:04:40.55	+00:31:30 (33.4%)	9:26	6.4 (67.4%)
97	SMACZYŃSKA Krystyna	584	DĄBROWA NORDIC TEAM	K 70+	2			01:32:00	00:49:15	01:37:36.30	03:09:36.70	+00:34:40 (35.5%)	9:45	6.1 (64.2%)
98	KULCZYŃSKA Jolanta	545	FACE NORDIC WALKING TEAM	K 30-39	11			01:30:12	00:49:30	01:40:00.35	03:10:12.80	+00:37:04 (37.1%)	10:00	6 (63.2%)
99	NAWROCKA Danuta	560	DĄBROWA NORDIC TEAM	K 70+	3			01:32:00	00:53:52	01:47:00.40	03:19:01.15	+00:44:04 (41.2%)	10:42	5.6 (58.9%)
DQ	BREWKA Joachim	508	NW LUBLINIEC	M 50-59				DQ	00:42:58 DQ	2015-10-03 DQ	DQ	-	- (0.0%)	
DQ	GRZEGORCZYK Marcin Joachim	620	TRI-SEA WŁADYSŁAWOWO	M 18-29				DQ	00:33:18 DQ	2015-10-03 DQ	DQ	-	- (0.0%)	

Znaleziono 101 wynik(ów)